

New Year, New Habits!

healthy habits Coaching/Lifestyle Coaching lifestyle change

By [Elizabeth Reighard](#)

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One of the things I work with my clients on is creating new habits that will last a life time. As a Health Coach, I coach clients to add healthy behaviors that they are ready for. They pick the habit they think they can add first like drinking $\frac{1}{2}$ ounce of water per pound of body weight. Then once they have succeeded with that good habit, we add another of their choice like thirty minutes of activity per day. Other possible habits include portion control, making sure they are consuming $\frac{1}{2}$ gram of protein per pound of body weight, how to order at a restaurant, how to stay healthy on vacation and during the holidays, during an injury, or prolonged illness. Some more social clients add how to handle parties, buffets, and social drinking. When a client finishes working with me, my goal is to have them fully confident at living life in a healthy fashion. Health is a lifestyle not a destination and definitely not a diet!!!